



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics

## Green Onions

### Rehydration Instructions:

Put ¼ cup THRIVE™ Green Onions into a small strainer and run under a gentle stream of cold water for about 20 seconds. Drain and pat dry with a towel.

### Hot and Sour Soup

#### Ingredients:

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 tbsp. garlic                      | 1 tbsp. ketchup                 |
| 1 tsp. sesame oil                   | 3 ½ tbsp. THRIVE™ Beef Bouillon |
| ¼ tsp. cayenne pepper               | 4 c. water                      |
| 2 tbsp. soy sauce                   | 3 tbsp. cornstarch              |
| 2 tbsp. THRIVE™ Chopped Onions (FD) | ¼ c. THRIVE™ Green Onions (FD)  |
| 3 tbsp. rice wine vinegar           |                                 |

In a 2-quart saucepan, sweat garlic and sesame oil. Add cayenne, soy sauce, chopped onions, vinegar, and ketchup, stirring between each addition. Add bouillon and water and bring to a boil for 1 minute. Mix 5 tbsp. cold water into cornstarch to create a slurry and add it to boiling soup. Bring back to a simmer for 3–4 minutes and strain soup through a fine strainer. Add green onions and allow to rest for 5 minutes before serving. Makes 4 servings.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)



#### Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

# THRIVE™

PREMIUM FREEZE DRIED

VEGGIES



Green Onions

FREEZE DRIED

46 SERVINGS

Net Wt 1.94 oz (0.12 lb) 55g

THRIVE™ [www.EatThrive.com](http://www.EatThrive.com)

## Nutrition Facts

Serving Size ¼ cup (1.2g)  
Servings Per Container About 46

### Amount Per Serving

Calories 0    Calories from Fat 0

**Total Fat** 0g    **% Daily Value\*** 0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 0mg    0%

**Total Carbohydrate** 1g    0%

Dietary Fiber 0g    0%

Sugars 0g

**Protein** 0g

Vitamin A 2%    •    Vitamin C 10%

Calcium 0%    •    Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than: 65g	80g
Sat Fat	Less than: 20g	25g
Cholesterol	Less than: 300mg	300mg
Sodium	Less than: 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

## Vegetables

### Suggested Storage Amount:

The USDA recommends 2–4 servings of fruits and vegetables per adult per day.

### Usage Suggestions:

THRIVE™ Green Onions give the perfect finishing touch to rice dishes, soups, or steak. They're already chopped, making it quick and easy to sprinkle them into your favorite dishes.

### Shelf Life: 25 years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened \_\_\_/\_\_\_/\_\_\_.

INGREDIENTS: GREEN ONIONS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:  
Thrive Life

691 South Auto Mall Drive  
American Fork, Utah 84003  
[www.ThriveLife.com](http://www.ThriveLife.com)



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NET WT 1.94 OZ (55g)

Glue

Glue

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